

Farm to School

Farm Logix
Presents the Technology of
Perfect Packaging

Broccoli

Grown just 361 miles from here!



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Emerald Valley Farms is a 2,500-acre fourth generation broccoli farm owned by Andy Ayer. His family has a long history of farming starting with his great grandfather in the early 1900s. Originally growing potatoes, the family decided to plant a few experimental acres of broccoli, the first in Maine, in 1980. Soon after, they stopped growing potatoes and concentrated on increasing their broccoli acreage, researching the latest technology and selecting varieties that thrive in northern Maine's climate. They hope to keep growing broccoli for generations to come.

Although broccoli heads and stems have different textures, both parts of broccoli are edible.

In 2013, Barack Obama announced broccoli was his favorite food. Like carrots, broccoli is another vegetable that is good for your eyes. Broccoli is packed with antioxidants and many other nutrients.

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